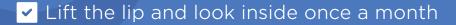
ORAL HEALTH IN COMPREHENSIVE CLEFT CARE



First steps when checking a child's oral health:

- 1. Wash your hands, or wear disposable gloves.
- **2.** Position the child's head on your lap, sit facing each other, or lie the child down on a couch or bed.
- 3. Lift the lip and look at the child's teeth and gums. What do you see?

What should your child's teeth look like?

- Clean
- Unbroken surfaces
- Gums should be firm to the touch, not red and not tender or swollen



If your child has tooth decay you might notice:



- 1 White spots or white lines on the tooth.

 This is early decay and you need to see an oral health professional.
- 2 Brown spots or cavities.

 This is decay and you need to see an oral health professional urgently.
- Advanced decay or broken teeth.

 This is severe decay and may cause your child pain.
 You should urgently see an oral health professional.



What else might you see if your child has oral health problems?



- Colour changes to the tooth surface, like white or brown spots
- Cavities
- Broken teeth
- Swollen or bleeding gums
- Dental plaque

How can you prevent oral diseases?

- Lift the lip monthly to check for early signs of tooth decay.
- Brush twice daily, for 2 minutes with fluoride toothpaste from the eruption of the first tooth.
 Spit out the toothpaste but do not rinse away the residue.
- Wipe the baby's mouth after each feed and before bed.
- Make healthy food and drink choices, without added sugar.
- Don't put sweeteners (honey, sugar, fruit juices) in the child's bottle or sippy cup.
- Visit your oral health professional regularly and before the child's first birthday.





